

UNITY PUBLICATION

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Pray with Silent Unity

PEACE . . . Let liberty, justice, righteousness, and peace be established throughout the world, in the name of the Lord Iesus Christ.

PRAYER FOR WORLD LEADERS: Through the Christ Mind you are unified in thought, purpose, and understanding, and inspired to right action for the mutual security of all mankind.

PRAYER FOR ILLUMINATION: The love of God manifests through me, and I am filled with light, wisdom, and peace.

PRAYER FOR PROSPERITY: God's love in me is a magnet that draws my own to me. All my needs are satisfied.

PRAYER FOR HEALING: The love of God dissolves all inharmony of mind and body. I am free and whole.

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FEBRUARY, 1961

No. 2

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Cover-Hilda Hampfler, arrangement by Wanda Lemon

Center Photograph-Bob Taylor. Art Work. Willard Elliott

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"The Seekers of the Light Are One"

MAY ROWLAND

The author, who is the director of Silent Unity, has made the Jesus Christ teaching her way of life. And she has been instrumental in awakening many persons to their importance as children of God.

AVE YOU realized that there are people in every nation of the earth who love all humanity, people who are seeking to bring peace, understanding, and brotherhood into the world in which we live? These people are instruments of God wherever they are.

Sometimes, as we think of world affairs, the outlook seems dark. We see only the working of evil forces and the preparation of instruments of destruction. But God, who created this world and called it good, is still in charge. Let us align ourselves with this tremendous power of God. Let us co-operate with God in bringing peace, love, and understanding into the world in which we live.

It is up to us who live on this planet to learn the first secret of life—we are children of God. And co-operation in expressing Him is essential. Many years ago William Bradbury wrote a song entitled, "O Life, That Maketh All Things New." It may be in your hymn book. One of the verses tells us:

"From hand to hand the greeting flows;
From eye to eye the signals run;
From heart to heart the bright faith glows;
The seekers of the Light are one."

The chorus affirms:

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"United in the Truth we stand, Proclaiming peace to every land."

In every nation of the earth the seekers of the light are one. It makes no difference what creed or dogma they follow or what they call their faith. The prayers of all people, seeking the light, unite as a part of the great good of the world.

Sometimes we in Silent Unity are asked to join other peace movements, but we do not feel that this is necessary, because we are all united as seekers of the light. In our unity of purpose we seek ways to bring freedom, justice, and peace into the lives of people the world over.

We, as "seekers of the light," are united in an invisible bond of love for all humanity. We have faith in mankind. We know that good shall be victorious and that nothing can defeat it.

In the beginning God named our world a

planet of light. When He said, "Let there be light," there was light. And light is very definitely the keynote of our planet.

Science tells us that the energy of this planet is acted upon by light and that any planet, to produce life, must have light. The latent energy of the earth is acted upon by the light of the sun. This produces growth and development in the earth.

The light of the Christ means to man what the light of the sun means to the earth. The seed of man's eternal sonship is within him, and it will grow into a beautiful expression as the light of the Christ nature stirs within him.

The light of man's spiritual nature can turn darkness into light, it can change a barren life into a productive life. Through prayer this is constantly happening in the lives of individuals.

We are living on a planet whose nature is light. Light is within us, and all about us. We are truly children of light. Have you ever thought

of yourself in this way?

You will have a different feeling about yourself when the light of your spiritual nature sheds

its radiance upon every part of your life.

Before the birth of Jesus, the prophet Isaiah said: "The people that walked in darkness have seen a great light . . . and his name shall be called Wonderful, Counsellor, Mighty God, Everlasting Father, Prince of Peace."

Jesus realized that He came into the world as a radiant son of light. You will remember that Jesus constantly identified Himself with light.

"I am the light of the world: he that followeth me shall not walk in the darkness, but shall

have the light of life."

And Jesus brought us right into the picture. He did not come to this planet just to show us that He was a light in the darkness, but that the light also is in each one of us.

"Ye are the light of the world . . . let your light shine before men; that they may see your good works, and glorify your Father who is in

heaven."

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You can be sure that we are created as children of light, and Jesus came to show us the path of light.

When the light of understanding dawns upon us, it warms us, and love is quickened within us. We commence to respond to the spiritual urge within us to express more and more of the goodness of God.

Just as the light of understanding enabled Jesus to become the Prince of Peace, so also we can become expressions of love and peace to the whole world. In the light of understanding there is but one world, one people, all children of God,

children of light.

Were we to see the poverty, the frustration, the hardships and the despair that some of the people of the world suffer, we would want to do all within our power to help them. We do contribute in a measure, through our government and other organizations. Whatever we do to help the peoples of the world, let us do with warm, loving hearts and sincere prayers so that we may always be fair and understanding of the people in every land.

Benjamin Franklin very beautifully expresses our sentiment about other lands in the following

words:

"God grant that not only the love of liberty, but a thorough knowledge of the rights of man may pervade the nations of the earth, so that a philosopher may set foot anywhere and say: "This is my country."

The world can be united through loving, understanding, warm hearts. People at home and

abroad respond to love.

In the fall of 1959 I was asked to make some talks to our Unity friends in various parts of England. The groups were not large, and many of them were newly formed, but in each group there was displayed a grea faith in the successful

future of the Unity work in England.

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My sincere desire was to take to our friends in England some of the warmth and love that are so generously expressed at Unity.

We frequently speak of giving someone our blessing. A blessing is the essence of the highest spiritual realization that we can give to another. We can give a blessing silently or we can speak it aloud. I felt I could take a special blessing of love to England, because the day I was to leave by jet plane, the DAILY WORD message seemed—as so many of our friends say—just written for this occasion. This was the first sentence of the lesson for the day:

"I love you, I bless you, I have faith in you."

The Silent Unity group used this prayer for me. Then we prayed for the people of England. We felt our unity with all our DAILY WORD readers in the various lands throughout the world. DAILY WORD at this writing is published in ten different languages. We felt that this message of love was encircling the world, and that there was tremendous power in the idea. All DAILY WORD readers were saying to their families, their friends, and to each other: "I love you, I bless you, I have faith in you."

The idea brought out in the lesson was that "we do not withhold our love and blessing from anyone. We love as God loves." These ideas prepared the way for the work in England. The response to the idea was warm, loving, and understanding. I felt very close to every person I met in England, not only to Unity friends, but to those whom I met on the streets, waiting for busses, in the hotels, and in restaurants. Everyone seemed to be a beloved child of God and acted as though he were. There was not one discordant note any place on the trip.

"I love you, I bless you, I have faith in you." These are magical words. They will bring you a satisfying, unifying feeling of oneness with all people, as they have brought Silent Unity a feel-

ing of oneness with all people.

We receive letters from people in practically every part of the world, and to many people Silent Unity has become a symbol of peace.

One of our dear friends in Greece addressed

her envelope to Silent Unity in this way:

"Peace on earth, good will toward men."

Lee's Summit.

U.S.A.

For many years we have printed these words of peace on the back of our envelopes. This friend in Greece was happy to know that far off in America there were people praying for peace for the world. We in Silent Unity love to be

thought of as a center of peace. We pray daily for world leaders that they may find unity in thought, purpose, and understanding, that they may be inspired to right action for the mutual good of all mankind.

We pray daily for the United Nations that they may deal justly and with understanding in relation to all problems that are presented to them. We have faith in these leaders and in the United Nations and we bless them every day.

A few years ago a professor of theology came to visit us at Unity Village, and he was especially interested in our prayer services in Silent Unity.

He seemed to understand that we would pray for individuals who called on us for help, but he seemed surprised that an important part of our daily prayer service is to pray for world leaders and for peace and understanding for all the nations. He asked interestedly, "You mean that you keep in touch with things going on in the world and pray for the right outcome in these matters?" Naturally our answer was, "Yes." We have daily prayer services for the healing of the nations. This is one of our great projects.

In 1955 when I was on a tour of Europe I was much impressed with an article which was handed to me with my passport. It was information for bearers of passports, entitled "Your Attitude." It

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read: "Robert Oppenheimer once said: 'The best way to send knowledge is to wrap it up in a person.' Your United States Passport gives you the status of Good-will Ambassador for our country, and it is primarily through you and other travelers that people in foreign countries know America. Your presence abroad can aid international understanding in helping the United States to be understood." The following part of this article about your attitude was taken from a talk by President Eisenhower given in October 1943 in New Orleans:

"Each of us, whether bearing a commission for his government or traveling by himself for pleasure or for business, is a representative of the United States of America, and he must try to portray America, as he believes it in his heart to be, a peace loving nation . . . trying to be partners with our friends. And we accept for a friend any people who genuinely hold out the hand of friendship to us as we do to them."

On his trip to Europe and to South America Mr. Eisenhower tried to carry out his own commission of "Good-will Ambassador." He expressed love and tolerance and understanding, along with good will for each nation he visited.

His attitude was: "We respect you despite any differences in viewpoints."

In one of his oft-repeated statements he reiterated that as our contribution toward world peace we must wipe out prejudice.

As seekers of the light we all would like to say to people of other nations: "We want peace and friendship with freedom and justice for all."

The healing of the nations depends on the healing of the people in the nations and it depends on how much they are willing to contribute toward peace.

Each one of us has a special contribution to

make toward peace.

In one of our Silent Unity meetings during World War II, each one present decided that he would like to make an individual contribution to-

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Each of us decided that the way to do this was to cleanse his mind of thoughts of prejudice, intolerance, and all of the attitudes of mind that are a part of the warring consciousness. We knew then, as now, that peace is made up of love and good will, tolerance, and understanding.

About this time we commenced using a prayer which in its original form was sent to us by a

woman in Australia:

"Almighty Father, let there be peace on earth and let it begin with me." We have changed the last part to read, "let it begin with love and peace in my heart." The next time you feel perplexed about world conditions, use this prayer, and you will find that there is much you can do in your own consciousness.

We all want peace, but usually we want the other fellow to be peaceful first. But we are all children of God and fully endowed with the ability to live in a friendly, peaceful, harmonious atmosphere of our own making. So we must also be willing to do our part toward the healing of the nations.

Some persons seem to come into the world as harmonizers and peacemakers. They get along with everyone. They hunt for points of agreement with others. When they walk into a room everyone immediately feels their inner peace, poise, and strength. There are others who have but to walk into a room to agitate most of the persons present.

Every family has its peacemakers and its harmonizers. We find the same situation in the world. The way to heal the nations is to start in ourselves, in our own consciousness, and to become peacemakers. Let us get in touch with the great spiritual reservoir of love and harmony within ourselves. Then let our harmonious radiance brighten our own home. Then let it radiate out to our government, and then to the

whole world and all of its people.

Peace begins in the center of our own harmonious consciousness. It starts from the Christ center within us.

No leader, no group of leaders can thrust peace upon us. It is first an individual matter.

When we get our thinking straightened out and our heart filled with love for all humanity, we shall be on the way toward establishing the kingdom of God upon the earth.

Emerson states: "A man is the word made flesh, born to shed healing to the nations."

Perhaps the nations of the earth have never yet found healing because we have not recognized this great truth, that man is the Word of God made flesh. When we become more keenly aware of this truth, we shall make some tremendous discoveries about ourselves as spiritual beings. We have ignored this gold mine of reality and now is the time to be awakened to it. For everyone is very important in bringing "healing to the nations."

Jesus Christ is the living symbol of God's good in any form. He took Truth out of the abstract, and made it a way of life. He brought it into the realm of man's experience. Jesus Christ, the Prince of Peace, was the embodiment of all that God is. When we ask in His name, we are

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asking in the name of peace, love, understanding, and joy. We are asking in the name of all that is good.

We have a great work to do. We believe this planet is under the direction of Jesus Christ. Through the practice of His teachings we can be led into paths of peace, love and understanding.

In the nations where Jesus and His mission are not understood and accepted, there are principles of Truth by which people can live and be led into paths of righteousness and peace. As we awaken to our importance as children of God, we will do our part in bringing His goodness into the world. We will commence to prove the truth of the Scripture: "And he made of one every nation of men to dwell on all the face of the earth."

THERE IS A LIGHT THAT SHINES FOR YOU

You need never feel alone—not even on the darkest night. Silent Unity is no farther from you than a prayer's length.

You can reach Silent Unity by telegraph, Unity, WUX, Kansas City, Missouri, by telephone, LAclede 4-3550, Lee's Summit, Missouri, or by letter to Silent Unity, Lee's Summit, Missouri.

Silent Unity is as the Christ light lit in the window of the world. If you are a traveler on the road of prayer, this light shines for you.

Wednesday

CHRIST WITHIN ME IS MY LORD.

HRIST within me is my Lord. His Spirit satisfies my every need. He makes my mind to rest in pastures of peaceful thought as I contemplate His goodness. He guides me in the sweet stillness of prayer where I commune with Him and am complete.

He restores my soul. He purifies my thoughts

by the Truth I speak in His name.

Yes, even in the face of life's greatest challenges, I will be conscious of Him. I will hold steady with Him because He is my rock of faith. He is my firm foundation. He upholds and comforts me.

The Spirit of Christ goes before me at all times and prepares my way. I walk in harmony and peace with my fellow man. His goodness flows into my life filling it to overflowing, and I am secure and satisfied by His bounty.

Christ within me is my Lord. His love becomes my love. His grace becomes my grace, and I recognize the reality of His presence and unfailing power wherever I am and for all eternity.

I shall dwell in the house of Jehovah for ever.
 —PSALMS 23:6.

THERE IS NO IMPATIENCE IN ME. GOD HELPS ME TO BE CALM, POISED, AND CONFIDENT.

AM not anxious or impatient about anything or anyone, for I know that God is at work, and I trust Him to bless, to protect, to provide. I am undismayed by obstacles, delays, or failures, for I see beyond the appearances and I persevere in faith.

I do not let thoughts of defeat or dismay remain in my mind; I do not let feelings of discouragement remain in my heart. I let patience have

its perfect work in me.

I give thanks for the power of patience in me that is God-given and God-sustained. I find renewal in faith and vision; I am encouraged and inspired; I am kept in a continuing state of expectancy without discontent.

I remind myself again and again that God is with me; His power is at work in my life; in ways past my present perception, the good for which

I pray is winging its way to me.

I am calm, poised, and confident. I am an open and willing channel through which God works to perfect me and all that concerns me.

[♣] Let patience have its perfect work.—JAMES 1:4.

Friday

I AM FREE FROM ENVY. THROUGH GOD MY OWN COMES TO ME.

In the fullness of time all that is for my highest good comes to me. When I accept this truth, envy is dissolved and ceases to exist in me. As I grow in spiritual awareness I know that the Father's plan for me is good and

only good.

The good that God has for me is especially designed to bless me, and the good that comes to others is especially designed to bless them. I realize that the good that appears desirable in another's life comes to him from God. So instead of coveting that good, I look to God for the fulfillment of my desire, and He supplies the good that fits into His perfect plan for me.

As I meditate and pray, expanding my faith in God and in His good which is always available, I become increasingly able to recognize and accept my good. I adopt a joyous, expectant attitude and I give thanks for the good already in evidence in my life. I give thanks that others have received their good and I know there are bless-

ings for everyone.

[♣] Love envieth not .- I COR. 13:4.

I THINK ON THINGS THAT ARE GOOD, TRUE, AND LOVELY, AND I EXPRESS THE BEAUTY OF GOD.

HE APPRECIATION of beauty is inherent in all of God's children, for beauty is an expression of the harmony of Spirit. We appreciate beauty in nature, in man, and in the products of man's mind and hands.

We want to be as attractive as possible and we can begin by prescribing for ourselves a "diet" of right thinking. We can think on things that are good, true, and lovely. We can reject and refuse thoughts of fear, resentment, self-pity, criticism, and anger.

Along with this special diet we must also use special exercises. We need to stretch mental muscles by practicing patience, kindness, and consideration beyond our usual habit. We need to limber up our spiritual faculties of love, faith, and imagination by more constant, dedicated use.

As we do these things, we express the beauty of God through a radiant countenance, a happy disposition, and a youthful attitude toward life.

[•] For as he thinketh within himself, so is he.-Prov. 23:7.

I LET GO THE PAST, WITH GOD'S HELP I MAKE A NEW BEGINNING.

I LET GO the past. With God's help I make a new beginning. I am grateful for the wisdom and the strength that enable me to release old fears, frustrations, and sorrows. I am grateful for all that I have learned, all that has contributed to my growth. I make a new beginning with a heart filled with blessing for all the

good that has been a part of my life.

I am now ready to take a free, unburdened step forward. I am now ready to look with fresh vision at the way of progress that is prepared for me. I know that God works through me to expand my world. He works through me to increase my joy. He works through me to quicken my mind with new ideas. He works through me to enable me to meet life with new expectation. He works through me to help me to be receptive to all good changes. He works through me to clarify my sight so that I can behold all things made new.

I let go the past. With God's help I make a new beginning.

[♣] Behold, I make all things new .- REV. 21:5.

I GIVE WHAT I HAVE IN THE NAME OF JESUS CHRIST.

ITHIN THE heart of every person is the desire to give. It is a law of our being, and true giving brings joy to the giver and to the receiver. But too often we feel we have nothing to give if we are unable to contribute financially or materially to persons in need.

Just for a moment let us consider the story of Peter and John as they were going through the gate of the temple called Beautiful. Peter healed the lame man waiting there for alms, saying: "Silver and gold have I none; but what I have, that give I thee. In the name of Jesus Christ of Nazareth, walk." The help Peter gave was worth far more than all the alms the man had received.

We, like Peter, can give what we have. We, too, can speak words of healing. We can speak words of prosperity, harmony, love, comfort, and order in the name of Jesus Christ. Such words filled with authority will find a response in the souls of those we want to help. They, like the man at the gate, will arise from their difficulty and will go forth rejoicing and praising God.

[♣] What I have, that give I thee.—ACTS 3:6.

Tuesday

I SPEAK WORDS OF LIFE—WONDERFUL WORDS OF LIFE—TO MY BODY AND I AM WHOLE AND PERFECT.

As WE TAKE time to speak words of life to our body, we find that it responds quickly, intelligently, and completely. Whenever it is possible, let us give a few moments to speaking restoring, renewing words to our every organ, function, and faculty.

All thought and appearance of imperfection, sluggishness, and limitation vanish when the life of God in its fullness is realized. Any lack of order, any feeling of weakness gives way when wonderful words of life are spoken and their

meaning is genuinely felt in the body.

After we speak words of life, let us maintain ourselves in the life idea. Whereas heretofore we may have been inclined to speak of some deficiency in our health, or we may have felt led to discuss a healing need, let us now speak words of life, let us talk of the healing power in the spoken word of God. As we speak these words of life to our body and about our body, we shall feel a flood of God's renewing life.

[♣] The tongue of the wise is health.—Prov. 12:18.

WITH GOD THERE IS ALWAYS A WAY.

ITH GOD there is always a way. Let us remind ourselves of this when it seems to us that some situation is impossible of solution. Jesus said to His followers, "With men this is impossible; with God all things are possible."

With God there is always a way. There is a way out of lack; there is a way out of failure; there is a way out of inharmony; there is a way out of ill health. "I am the way, and the truth, and the life." The Jesus Christ Spirit indwelling shows us the way, and as we follow this inner

Christ light the way is made clear.

With God there is always a way. His way is the way of light, the way of joy, the way of peace, the way of health, the way of plenty, the way of happiness. We do not have to beg God to reveal the way to us. We need only to open our mind and heart to Him. We need only be silent and receptive to His guidance; then His light floods us, and we hear His voice within us saying: "This is the way, walk ye in it."

• And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it.—IsA. 30:21.

I PUT LOVE INTO ALL MY WORK.

As WE ENTER upon the activities of the day, it is well for each of us to affirm: "I put love into all my work." Then, as we carry this idea into actual practice, we find the day becoming brighter, happier, and more rewarding.

We put love into our work by giving it our very best thoughts and efforts. We can work not only with our hands and head, but also with our heart. Thus our work becomes a veritable "labor of love." And this applies even to our daily duties and routine tasks. Actually, in all our activities we are working for God, and we express our love for Him as we put love into our work.

Love helps in every phase of our work. If we are seeking employment or needing additional helpers, love attracts the work or the workers we need. Love releases tension, and helps us to do more and better work. Love enhances the value of our work and makes it a blessing to all concerned. The love we put into our work always returns to us, enriching our life and affairs, and bringing to us a feeling of "Well done!"

♣ Remembering without ceasing your . . . labor of love. —I THESS. 1:3.



WALK IN LOVE . . .

Walk as children of light (for the fruit of the light is in all goodness and righteousness and truth), proving what is well-pleasing unto the Lord.

-Eph. 5:2, 8, 9.



WALK IN LOVE . . .

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I DO NOT PRY INTO MATTERS THAT DO NOT CONCERN ME, I AM WILLING TO ALLOW OTHERS THE FREEDOM THAT IS THEIR GOD-GIVEN RIGHT.

O BE interested in others is good. To be unduly curious about the affairs of others, to pry into things that do not concern us, is an undesirable trait. We do not like it in others: we do not like it in ourselves.

We can turn curiosity into consideration. When we feel curious about the lives of others, let us ask ourselves whether we are really interested in them as God's children, or whether we are merely curious about their affairs. If we think in terms of consideration of others, we will be willing to allow them freedom to live their own lives.

We are all one in God. We are all part of God's family. But even in a closely knit family the members need freedom and privacy. When we respect this right, we strengthen the bonds between ourselves and others. Our consideration invites friendship and promotes deeper respect and understanding.

[•] And let us consider one another to provoke unto love and good works.—HEB, 10:24.

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EVERY DAY I PAUSE FOR SPIRITUAL RENEWAL, AND I AM REFRESHED IN THE VITALIZING PRESENCE OF GOD.

UR ENTIRE being needs spiritual food just as our body needs material sustenance. Therefore, it is a spiritual necessity to withdraw daily from outer activities and find rest and renewal in the presence of God.

We should be faithful in taking time for meditation. It is through prayer and meditation that we partake of spiritual nourishment. In the silence of the soul we find renewal and experience healing miracles in mind and body. Our mind becomes clear; our thoughts are lifted up and flow easily. Excess tension is drained from our emotions, and we are calm and peaceful. Our body is relaxed and refreshed. We are in control of ourselves and we react with poise and wisdom to any challenge that may confront us.

Life is filled with beauty and rich rewards when we faithfully pause for daily spiritual renewal. Refreshed and revitalized we enter into

the joy of living.

Come ye yourselves apart . . . and rest a while.
 MARK 6:31.

I SPEAK HEALING WORDS OF COMFORT TO THE TROUBLED, AND TOGETHER WE FIND STRENGTH IN GOD'S PRESENCE.

F WE ARE called on to speak words of comfort to one who has suffered loss or bereavement, we may feel inadequate to meet the situation. We may wonder whether our wellmeant words sound hollow and empty. We may feel that we have nothing to offer the one who is troubled.

If we doubt our ability to speak healing, uplifting words of comfort, let us consider the meaning of the word comfort. It has come to us from words that mean to find strength together. And we "find strength together" through prayer. We find it through communion with our heavenly Father, the source of all comfort, strength, and peace.

When we seek guidance in prayer, we are shown how to speak words that encourage, comfort, and bless. As we take into the warm circle of God's love the person who needs comfort, the troubled heart finds healing and the need for

strength and peace is met.

• Comfort ye my people, saith your God .- Isa. 40:1.

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I REMAKE MY WORLD THROUGH THE POWER OF JESUS CHRIST.

I CAN remake my world and experience the happiness and success I am entitled to as a child of God through knowing and using the power that Jesus Christ knew and used.

The Christ presence is a power in the midst of me as it was in the midst of Jesus, and it enables me to perfect what needs to be perfected through wisdom, guidance, and forgiving love. The Christ presence is a power within me that teaches me humility and a receptivity to God's grace. Then I am able to accept without question the good that God has prepared for me.

The Christ presence is a power within me that fills my thoughts, words, and actions with love. Through the power of this love I promote peace

and I am able to be kind and tolerant.

What I cannot accomplish myself, I can do through the power I share with Jesus. The Christ creates in me the desire to do right for right's sake. I follow this guidance and remake my world.

[♣] I will give unto thee the keys of the kingdom.
—MATT, 16:19.

THE LOVE OF GOD MANIFESTS THROUGH ME, AND I AM FILLED WITH LIGHT, WISDOM, AND PEACE

HE LOVE of God manifesting through me prepares me to receive new light and wisdom. When I need guidance, I prepare for it by letting the love of God fill my heart and mind. Through prayer, I feel my oneness with God and His love, light, wisdom, and peace.

If I need guidance about a need for harmony in personal relations, I know that as I let God's love manifest through me I act and speak wisely. Love harmonizes my relationship with others, dissolves all differences, and brings understand-

ing and peace.

If I need guidance to sell or rent property, or find a position, or gain success in any way, I know that by letting God's love radiate through me, I shall be receptive to the right contacts, I shall inspire confidence, and I shall attract the right answer to my needs.

Love prepares my way, wisdom and light guide me, and peace is established in me and my world.

[♣] If we walk in the light . . . we have fellowship one with another.—I John 1:7.

I DENY OLD, LIMITING BELIEFS. I ACCEPT MYSELF AS A CHILD OF GOD.

N THIS, the first day of Lent, many persons start some particular regime which they feel will better prepare them for Easter, the wonderful time of resurrection of the Jesus Christ ideals and principles. We, in Unity, keep Lent by fasting from negative thinking. We deny out of our thoughts, and thus out of our experience, those things that we realize are not God's will for man, and we affirm man's perfection.

We do not dwell on that from which we desire freedom. We recognize that there are certain ways of thinking, certain ways of life that do not add to our good. We realize that we want to make a change. This constitutes a form of denial. Then we make every effort to have our thoughts, words, and actions conform to the good we desire. This constitutes an affirmation.

During this Lenten season let us especially reconsecrate and rededicate ourselves to the Jesus Christ ideals and principles, so that our life will be victorious as His life was victorious.

^{*} Cast the net on the right side.—JOHN 21:6.

I AFFIRM GOOD AS JESUS AFFIRMED GOOD.

T is through coming into an understanding of God and of His love that we come into an understanding of affirmation and its effectual use. Affirmative prayer is not limited by personality, time, or circumstance. Its effectiveness is unlimited because it is the means by which man raises his thought to God.

Sometimes we feel that our affirmations are not effective because we are unworthy. But the power of affirmative prayer is not predicated on a man's worth. It is dependent on a man's faith. Prayer is just as much the tool with which man fashions his life today as it was when Jesus used it, and He promised that we—through faith—could do the things He did. Sometimes we feel that the circumstance we pray about is such that it cannot be changed. But we do not know whether this is true until we have used prayer. Let us make the practical, effectual use of affirmative prayer will make us the effective, creative, happy people we are meant to be.

[♣] Teach us to pray.—LUKE 11:1.

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SPIRIT OF THE LIVING GOD, FALL AFRESH ON ME.

HENEVER I need the reassurance of God's loving presence close to me, inspiring and guiding me, I let the words of this song become a prayer within my heart:

"Spirit of the living God, Fall afresh on me:

Melt me, mold me, fill me, use me.

Spirit of the living God, Fall afresh on me."

Deep within me I pray: "O living Spirit of God within my soul, fall afresh on me. Help me to open my mind to Thy wisdom so that I may see Thy way for me. Let the soothing balm of Thy presence breathe itself into my soul melting all conflict. Mold me into Thine instrument of harmony and peace. Fill my body with Thy healing, vitalizing life, renewing and restoring me to wholeness. Fill my heart with Thine overflowing love. Use me as Thine emissary of kindness, understanding, and brotherly love toward mankind.

"Spirit of the living God, Fall afresh on me."

^{*} They were all filled with the Holy Spirit .- ACTS 2:4.

I AM THE CHRIST.

THESE meaningful words of prayer fill your mind and heart. Let them inspire you with a new and more living knowledge of the Spirit within. Frank B. Whitney, the first editor of DAILY WORD, wrote the following poem with this idea as his theme. Your friends in Silent Unity will be happy to send you extra copies of this poem—in card form—on your request.

"I am that in you that lives;
I am that in you that moves;
I am that in you that shines:
I am the Christ.

"I am that in you that's lovely;
I am that in you that's unafraid;
I am that in you that's enduring:
I am the Christ.

"I am that in you that's divine;
I am that in you that's holy;
I am that in you that's God:
I am the Christ."

Abide in me, and I in you.-John 15:4.

Sunday

I EXPRESS GOD'S FORGIVING LOVE AND I AM A BLESSING.

T IS IMPORTANT that we practice forgiving if we are to be completely happy. Thoughts of ill will and blame do more harm than good. Charles Fillmore has shown us the importance of forgiveness in his pamphlet, "A Sure Remedy." He tells us that forgiveness is a cure for every ill that flesh is heir to. He further tells us to "sit for half an hour every night and mentally forgive everyone against whom you have any ill will or antipathy." It is surprising how well and how quickly this treatment works.

True forgiveness not only releases any sense of blame that we may hold for another person, but it also helps us to forget the incident that needs forgiving and helps us to erase it entirely from our mind. Even though we may have to practice to be forgiving, we can learn to forgive with God's help. And each time we forgive another person, let us remember to send that person a blessing of love. In this way not only will he be blessed, but we will be blessed as well.

• Forgive us our sins; for we ourselves also forgive every one.—Luke 11:4.

I DO NOT BELIEVE IN COLDS, WEAKNESS, OR NEGATIVENESS OF ANY KIND. I BELIEVE IN THE CLEANSING, STRENGTHENING, VITALIZ-ING LIFE OF GOD.

I say "No" to the belief in colds, weakness, or negativeness of any kind. I say "yes" to the belief in the strength, vigor, freedom, and life of God. I know that I am made in the image and likeness of God. I know that God's Spirit in me gives me the power to take command of my thoughts so that I keep them centered on the life-giving, strengthening, vitalizing power that is within me.

I keep a positive attitude through faithful, diligent prayer. Prayer strengthens my faith in God as my health and the vigorous life of my body. Prayer fills me with zeal and enthusiasm for joyous living. Prayer helps me to radiate confidence and a sense of well-being to other persons so that they feel a quickening of God's life within them. Then they are able to say "yes" to the belief in the strength, vigor, vitality, and life of God within them.

♣ I will fear no evil; for thou art with me.—PSALMS 23:4.

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THROUGH PRAYER I REPLACE FEAR WITH FAITH.

HE POWER of our faith makes all things possible. But when we fear, we block the channels through which the power flows. Thus we prevent the perfect outworking of good in our lives.

Even though we know the effect of fear, we do not always take steps to conquer it. But there is a way to replace fear with faith. We do it through daily prayer, which enables us to feel a conscious oneness with God. Prayer by prayer, we develop the ability to keep our mind stayed on God, and fear thoughts arise less often. When such thoughts do come, we are alert to recognize them and we can immediately erase them with an affirmation of faith—faith in God and in our ability to do the thing we need to do.

We gain strength as we pray and then practice maintaining the feeling of God's presence with us, wherever we are, whatever we are doing. Through prayer we learn to live in faith, and we rejoice and give thanks for the good appearing in our life through the provence of faith.

in our life through the power of faith.

[♣] Fear not, only believe.—MARK 5:36.

"I CAN DO ALL THINGS THROUGH CHRIST WHICH STRENGTHENETH ME."

FTEN WE read how a person is saved from some impending danger by what seems a miraculous display of superhuman strength. Then we realize that there must be with-

in each one of us a reserve of strength.

We remember the words of the Apostle Paul who said: "I can do all things through Christ which strengtheneth me." Strength is a spiritual power within us that helps us to accomplish whatever we want to accomplish. And like Paul, we call this strength forth by knowing: "I can do all things through Christ which strengtheneth me." Within us is the strength needed in a physical way. Within us is the strength to help free us from unwanted habits. Within us is the strength to always walk uprightly, and to be just in our dealings with others. Within us is the strength to hold steady to Truth regardless of appearances.

Our strength is from God through Christ, and

it is sufficient for every need.

As thy days, so shall thy strength be.—DEUT. 33:25.

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I LIVE IN THE LIGHT, FOR GOD'S WISDOM GUIDES ME.

Every moment of every day we are called on to discern, to judge, to make decisions. When we use wisdom, we discern that which is true. When we use wisdom, we judge righteous judgment. When we use wisdom, we make good decisions. In the Epistle of James we are told: "If any of you lacketh wisdom, let him ask of God, who giveth to all liberally and upbraideth not; and it shall be given him."

We are asking God for wisdom when we pray a prayer like today's. And we accept this wisdom and make our prayer effective, as we follow the next direction given by James: "But let him ask

in faith, nothing doubting."

When we pray in faith for wisdom, never doubting that we shall be given wisdom and that we shall be led in a right way, we find that God does not reprove or reproach us for asking. He gives us liberally of wisdom, for it is His will that we live in the light.

If any of you lacketh wisdom, let him ask of God ...and it shall be given him.—Jas. 1:5. I ADD THE INGREDIENT OF LOVE TO EVERY PHASE OF MY DAILY LIFE AND I EXPERIENCE HEALTH, HAPPINESS, AND SATISFACTION.

OVE IS a priceless ingredient that we can add to every phase of our daily life, and in return we experience health, happiness, and satisfaction.

When we add love to our thoughts about our body temple, and to the care we take of it, we feel an instant inner response to that love. We find new strength. Order is established throughout our body, and we radiate health and vitality.

When we add love to family relationships, to our association with co-workers and in civic groups, or to our church activities, an atmosphere of harmony is maintained. We inspire confidence and respect. We allow each person freedom to express opinions and to help make decisions.

We have an inexhaustible supply of God's love and we can love as Jesus loved, without reservation, without limitation. We can add love to every phase of our life, and then let it overflow to bring health, happiness, and satisfaction into the lives of others

♣ The love of God . . . be with you all.—II COR. 13:14.

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FOLLOWING THE EXAMPLE OF JESUS CHRIST I SPEAK WITH AUTHORITY THE WORD OF PEACE AND HARMONY FOR WEATHER CONDITIONS,

HAVE A service to give whenever a report of threatening weather reaches my ears. Whether the disturbance is in my own vicinity or somewhere else, I can speak words of peace and harmony in the all-powerful name of Jesus Christ. I can claim protection for myself and other persons.

Just as pressures build up in human emotions but can be directed through prayer and released in harmonious ways, so pressures that build up in weather conditions can be directed through prayer and released in harmonious ways. Right release of power in the elements involves no harm to people or property; it insures order.

Peace fills my mind and heart, for I know that God's will for His children is only good. In this realization I unhesitatingly bless the weather, and speak with authority the word of peace.

[♣] And he . . . rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm.—Mark 4:39.

I USE MY IMAGINATION CONSTRUCTIVELY, AND INCREASING GOOD IS MANIFESTED IN ALL MY AFFAIRS.

OD GIVES us many wonderful gifts, but only as we make right use of them do they bring us the intended good. This applies especially to God's gift of imagination.

We use our gift of imagination aright as we use it constructively. Instead of picturing negative possibilities, we use our imagination to form mental concepts of that which is highest and best. If there is a need of any kind, we see this need being abundantly met. If we become discouraged, imagination shows us rising triumphantly out of our difficulties. Or if there is an appearance of weakness or inharmony, we see ourselves, or those concerned, as children of God—strong, healthy, happy and free. In every way, constructive imagination helps and inspires us.

We know that whatever we hold in mind tends to come forth into experience. Therefore, as we use our imagination constructively, increasing good becomes manifest in all our affairs.

♣ We . . . beholding as in a mirror the glory of the Lord, are transformed.—II Cor. 3:18.

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MAKE ME A BLESSING, LORD.

WOULD BLESS those persons who are in need of blessing. I would seek to be understanding of their need, positive of that need's fulfillment. I would have ideas to share, I would have words to inspire those I would bless, so that they may understand that You, Lord, are the source of the light, life, and peace they seek.

I would bless those in need of blessing. I would think of them, speak of them, as they truly are—perfect in mind and in body, harmonious in their affairs. I would not ask why there is a need, an inharmonious condition, a challenging circumstance. Nor would I ask how the problem will be solved, the adjustment made, the overcoming brought about. I would simply ask that You, Lord, in Your goodness and Your love be revealed to them. I would pray for them to know You as their Father, and to know themselves as Your children.

Lord, I would let the running-over measure of my own cup of blessing spill into their lives and fill and satisfy their longing.

Pray for us, that the word of the Lord may . . . be glorified.—II THESS. 3:1.

"NOT MY WILL, BUT THINE, BE DONE."

If WE FIND ourselves having to force issues, fighting to overcome problems, struggling to accomplish certain ends, it is the way of wisdom to quietly, lovingly release these things to our Father-God in prayer, declaring: "Not my will, but thine, be done."

But, the question arises, will God's will be so far beyond our capabilities that we shall feel inadequate? Will God's will be such a challenge to us that we shall not be able to accept it graciously? Will God's will test our strength to the breaking point? The answer comes emphatically: God's will is good will! God's will enables us to use our capabilities productively. God's will affords us the happy privilege of expressing our true Christ self. God's will provides us opportunity to grow in strength.

We need never be fearful when we pray: "Not my will, but thine, be done." We can rest in the blessed assurance that God's will brings peace to the mind, happiness to the heart, life to the body, and order to the affairs.

[♣] Not my will, but thine, be done.—LUKE 22:42.

PROSE AND POETRY TO ENJOY AND SHARE!

February is a time of pleasant hours of reading when you will treasure either of these books of Unity inspiration. Your mind and heart will re-awaken because of the skill of these writers of prose and poetry.

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A dynamic book of prose interspersed with poetry by the much loved James Dillet Freeman who is familiar to readers of DAILY WORD. A small volume, now in its second printing, to keep by chair or bedside to renew your faith and appreciation of the world around you. You'll want to order copies for your friends, too. Price, \$2 a copy.

BEST LOVED UNITY POEMS



Your own favorites from Unity publications, time-tested to help you meet the needs of many moments. Now in its fifth printing, this book includes poems to assist in preparation of club programs and many suitable to special holidays and occasions. Pen decorations are from Weekly Unity by Ilah Marian Kibbey. Price, \$2 a copy.

UNITY SCHOOL OF CHRISTIANITY

WEE WISDOM Goes Straight To The Heart of a Child

A gift subscription for this delightful magazine repeats the pleasure of giving and receiving every month of the year. Wee Wisdom's colorful pages are filled with hours of entertainment for the 5-to-13-year-old, and best of all, introduces your child to a wonderful acquaintance with God.

Stories to Read Aloud in February Wee Wisdom

Jane H. Hayden's "A Valentine for Vicky" is all about Aunt Matilda's precious pearls that became a gift of love. Georgia Tucker Smith tells of the newest adventure of Perky Polar Bear and his twin sister Flo. You'll want to read about and make Maude E. Hallmer's centerpiece for a Valentine party table!

If you received Wee Wisdom as a child, you know the pleasant place it filled in your life. Pass along Wee Wisdom's pleasures to a child you know—it is the magazine children never forget! You can send this big-hearted Valentine for a yearly subscription price of only \$2.

UNITY SCHOOL OF CHRISTIANITY LEE'S SUMMIT, MISSOURI

New Unity Greeting Booklet

MIRACLES CAN HAPPEN TO YOU!

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Just in time for Easter giving,
Unity is happy to announce a new
greeting booklet called Miracles Can
Happen to You! The booklet presents
an article by Catherine Thrower, a
Unity minister and a favorite Unity author. She

Unity minister and a favorite Unity author. She says if you need a miracle to solve the problems of your life or fulfill your needs, you can confidently pray for and expect a miracle to happen! These thoughts are especially appropriate to Easter, the time of the Great Miracle. Unity also has other booklets for Easter giving.

1961 Easter Booklet Assortment

Miracles Can Happen to
You (New)

Daily Resurrections

An Easter Message for
You

The Land Is Bright

Easter Sanctuary

For Thy Benediction Your Easter Revelation

Unity Greeting Booklets contain twenty or more pages of inspiring reading. Each has a colorful cover and its own mailing envelope. Order the assortment of eight booklets for \$1; or eight copies of Miracles Can Happen to You! for \$1; or make your own selection at 15 cents each, eight for \$1.

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

HELP FROM THE PROSPERITY BANK PLAN

The secret of the Prosperity Bank's helpfulness is that you bless each coin you deposit with a prayer to work for you in many ways. While you save the sum of a subscription for Daily Word for yourself or a friend, you also learn to provide prosperity for yourself through the seven-week prayer drill.

Unity people everywhere write that Prosperity Banks serve as a reminder to them of the riches of Christian living. Send for your Prosperity Bank with this coupon:

Unity School of Christianity, Lee's Summit, Mo.

Here is my order for Dally Word gift subscriptions and a Bank in which to save the \$---- cost of these subscriptions (\$2 each subscription).

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Why don't you join the Unity Lenten Program this year?

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Lent is a wonderful time to learn of the blessings of better health, greater harmony in personal relationships, and prosperity. Every year thousands of people join Unity students in observing Lent the Unity way because the spiritual and material help they receive remains with them long after the Lenten season.

You can begin a NEW WAY OF LIFE by following this simple Unity Lenten program:

- * Read the daily lessons in the book Keep a True Lent, by Charles Fillmore.
- * Read your Bible daily, according to references in Keep a True Lent.
- * Take time each day for prayer and meditation.
- * Avoid negative thoughts and fix your mind on the abundant blessings of God.

Keep a True Lent is priced at \$2, and with it you receive The Lenten Guide free, to aid you in your study. (If you already have the book you may have the Guide free on request.) Send for your book and Guide today, follow this program February 15 to April 2, and see what good it can bring to you. Silent Unity will gladly pray for your success during Lent as you follow this program. Simply write your prayer request to them.

UNITY SCHOOL OF CHRISTIANITY

Love's Blossoming

JAMES DILLET FREEMAN

God must love happiness, For He made flowers— As if from an excess Of happy powers!

For flowers are love's own warm Embodiment—
Here perfume has a form
And light a scent;

Flowers are fragilities
And rainbows of
Fragrance. To have made these,
God must be Love,

And love the world He wrought—
For there to spring
Into His mind the thought
Of blossoming.

